

Operations Team ready to eat shark

BY TECH. SGT. BUZZ RITCHIE
30th Space Wing Public Affairs

■ Two for two in 2000 is their motto and their enemy is a shark.

Guardian Challenge 2000 is on Vandenberg's doorstep. This year's 30th Space Wing Operations Team is ready to defend the Schriever Trophy they won in 1999 against their arch rivals, the Sharks from the 45th Space Wing, Patrick Air Force Base, Fla. The Schriever is presented each year to the Air Force's best spacelift wing.

"Our team has the experience and the maturity to go all the way," said Capt. John Pratt, the team's range operations controller with the 30th Range Squadron.

Guardian Challenge, held here May 1-5, is the only space war-fighter competition in the Air Force. It pits the best-of-the-best space war-fighters against each other, determining the top space wing teams in the Air Force. The event includes rigorous evaluations and increases the overall capabilities of operations teams to perform their missions. After this year's Guardian Challenge, the event will be held every two years. That gives the winner of the Schriever during Guardian Challenge 2000 bragging rights until 2002.

..... See OPS TEAM Page 4



AIRMAN 1ST CLASS DAVE CLOWER

Members of the 30th Space Wing's Operations Team illustrate what they intend to do on the field to the 45th Space Wing's Operations Team. Base team members are: (left to right) Capt. Todd Shull, 30th Operations Support Squadron; Capt. Jim Gray, 2nd Space Launch Squadron; Staff Sgt. Mark Perkins, 30th Range Squadron; Capt. Steve Pomeroy, 30th Space Wing Safety; and Capt. John Pratt, 30th RANS.

14th Air Force commander earns third star

BY STAFF SGT. REBECCA BONILLA
30th Space Wing Public Affairs

■ Maj. Gen. Robert Hinson has been nominated to the Senate by President Clinton for appointment to the grade of lieutenant general.

Hinson has served as 14th Air Force, and component commander, U.S. Air Force Space Operations here since May 6, 1999. He will be reassigned as deputy commander in chief, United States Strategic Command at Offutt Air Force Base, Neb., pending Senate approval of his nomination.

"I want to thank everyone who's supported me throughout the years, and those who continue to support me," Hinson said. "I've enjoyed being a part

of Vandenberg and the surrounding communities. It's a dynamic and supportive place to be and I'm proud to have been a part of it."

Hinson is a 1970 graduate of the University of Tennessee with a bachelor's degree in education. He went on to graduate from Arkansas State University with a master's degree in humanities and education in 1977.

The general entered the Air Force in July 1970 as an enlisted member. "In 1970, at the height of the Vietnam war, my draft number was 73, so I enlisted



Maj. Gen. Robert Hinson,
14th Air Force commander

"I've enjoyed being a part of Vandenberg and the surrounding communities. It's a dynamic and supportive place to be and I'm proud to have been a part of it."

in the Air Force," Hinson said. "My intent was to serve out my enlistment and become a high school football coach." Less than a year later, he entered Officer Training School.

"My commanding officer called me

in one day and asked me why I hadn't gone to OTS," the general said. "He told me to go take the physical so I did and I found out I loved flying." He began undergraduate pilot training in July 1972. "It's been a great career so far and I've enjoyed it all along the way."

During his career, the general has logged time piloting the B-52F/G/H, FB-111 and B-1B aircraft. He is a command pilot with more than 3,000 flying hours.

Hinson has commanded a bomb squadron, operations group, bomb wing and space wing. He has served as

... See HINSON on Page 11



Col. Steve Lanning
Commander,
30th Space Wing

Commander's Action Line

As the wing commander, my primary focus is on the mission, and I believe that our mission success will be based on how well we care for our people on and off the job.

The Action Line is your direct link to me. It provides an avenue for you to voice your concerns, share constructive ideas or give your fellow base members a pat on the back. The Action Line is not a replacement for using the chain of command.

Callers are asked to leave their name and contact number in case more information is needed.

I want Vandenberg to continue to be the best Air Force base in the world. Working together, it will be.

606-7850

Handy phone numbers

Clinic Appointments	606-4077	Launch Update Line	606-1857
Healthwise Line	888-252-3299	MPF customer service	606-7756
Law Enforcement	606-3911	Visitor's Center	606-7662

TRAFFIC SAFETY AT THE LOMPOC GATE

Q I've talked to the security forces posted at the Lompoc Gate about forgetting to flip the stop sign on the road from the prison to the gate, and also about putting up cones to funnel traffic into one lane.

The cones push us into the left lane, but there's no stop sign and it makes the intersection there dangerous. I don't want to be pushed into the other lane, on a curve, to have an accident when they haven't even put up the stop sign.

A Thanks for taking time out of your busy schedule to address this issue. The 30th Security Forces have procedures in place for

posting the stop sign at Lompoc Gate. Gate guards have been trained on the proper procedures and will ensure the sign is posted accordingly.

When manning permits, two guards are posted during peak hours to facilitate two lanes of traffic. However, to control traffic when one guard is posted, traffic is funneled into one lane to control entry. This provides a safe environment for the posted guard.

The Lompoc intersection is a relatively safe area that can become very dangerous when there's a high volume of traffic and motorists do not adhere to the posted speed limits. Please let us know if you have any further problems.

Avoid alcohol, avoid hangovers

Responsible adults plan ways to prevent problems

By TECH. SGT. RAY VASQUEZ AND
CAPT. BYRON NAVEY
ADAPT Program

Ever have a hangover so bad that you swear off booze for the rest of your life? Ever go back to drinking later that same weekend?

Unfortunately, once the pain of a hangover subsides, so does the motivation to stop drinking. It's easy to rationalize the pain away and convince yourself that you had a great time.

Over the coming summer months there will be ample opportunity for everyone to drink too much and many will be paying the piper. The actual experience of a hangover differs from person to person. Some people have a pounding headache, some have nausea, some are dehydrated, and some lucky ones have all the classic hangover symptoms at once. Hangovers represent the body's reaction to the toxic effects of alcohol.

It's important to remember that these toxic effects occur with very low levels of alcohol and begin to effect the body before the drinker experiences the intoxication. The danger of failing to understand this lag-time effect is that rapid consumption of alcohol can lead to life-threatening toxicity before the body has a chance to tell the drinker to stop drinking. The hangover is the after-effect of not giving your body a chance to slow you down so it can process the alcohol out of your system effectively.

The best way to avoid a hangover is not to drink. If you're going to drink, then the next best strategy is to drink moderately. 'Moderate drinking' means giving your liver a chance to metabolize the alcohol you're consuming so that toxic levels are not reached. The liver can process about one ounce of alcohol per hour. Consuming more than this leaves the alcohol floating through the body and bathing the brain (intoxication). There is no other way to sober up than to allow for the liver to do its job – one ounce at a time.

That means if you have three beers, you'll need one hour of processing time *per beer* before you're really sober. If you consume more alcohol than your liver can reasonably process, then your blood-alcohol level will begin approaching toxic levels and after you sleep it off, you'll have a hangover (assuming you're lucky enough to live that long).

Nobody plans to have a hangover. Nobody plans to have a DUI or fatal accident. On the other hand, many people do plan **not** to have these things happen.

Responsible adults who consume alcohol plan ways to avoid all these events and then they stick to their plan. They plan to drink slowly and socially without organizing their leisure activities around getting a good buzz on. They plan in advance to make sure they have some food in their system before consuming alcohol. They have a limit for their alcohol consumption *that they set while still sober*. And they think about issues such as transportation and have a reliable plan to get home if they exceed their limit.

2 for 2 in 2000 Commander picks winning GC '00 logo



Col. Steve Lanning, 30th Space Wing commander, selected this design as the winner of the Vandenberg Competition Association's Guardian Challenge 2000 patch design contest. The patch was designed by Lt. Col. Brad Peck, commander of the 30th Services Squadron, and built by John Olson, 30th SVS marketing and publicity.

SPACE&MISSILETIMES

Col. Steve Lanning
30th Space Wing Commander

Maj. John Cherry
Director of Public Affairs

1st Lt. J.J. Murphy
Chief, Internal Information

Staff Sgt. Rebecca Bonilla
Editor

Tech. Sgt. Buzz Ritchie
Staff Writer

Airman 1st Class Dave Clower
Photographer

The *Space and Missile Times* is published by Lompoc Record Publications, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 30th Space Wing.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Space & Missile Times* are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Lompoc Record Publications, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Vandenberg AFB Public Affairs Office. All photos, unless otherwise indicated, are Air Force photos.

Publication deadline is 4:30 p.m. every Friday. The Public Affairs Office reserves the right to edit all submissions for style and space. Send submissions to: 30SW/PA, 747 Nebraska Ave., Room A-105, VAFB, CA 93437; via fax at DSN 276-8303 or commercial (805) 606-8303.

Officers exchange viewpoints during visit to Edwards AFB

By 2ND LT. DAVID ANDERSON
30th Space Wing Public Affairs

Last week, the Company Grade Officers' Council from Vandenberg embarked on a visit to Edwards Air Force Base, Calif., to interact with other officers and learn of Edwards' specialized Air Force mission.

Although the drive was long, our CGO's were treated to two days full of mission briefings, tours, and up close and personal interaction with several aircraft.

The mission of the CGOC is to maintain the quality of life for all active duty company grade officers and their families assigned to Vandenberg AFB. It accomplishes this mission through a variety of objectives and goals including the support of joint projects with other base organizations and Air Force bases.

Vandenberg's CGOC base visit to Edwards was initiated and planned by its president, 1st Lt. J. J. Murphy, who anticipated it as a perfect opportunity to expose Vandenberg's young officer's to another base's mission and daily workings.

"The visit exceeded all my expectations," Murphy said. He went on to explain that, "We learned a lot from the Edwards CGO group. We really appreciated the hard work they put into our trip."

Edwards AFB is home to the Air Force Flight Test Center whose mission is to conduct and support research, development, test and evaluation of manned and unmanned aerospace systems. Nearly every aircraft in the Air Force's inventory has been tested at

this site.

That includes the new F-22 that our CGOC tour group was able to watch taxi out to the runway and prepare for take off. Technical problems prevented the jet from taking off which allowed more time for our up close and personal inspections of the Air Force's newest unmanned aircraft, the Global Hawk, and the awesome mainstay of the Air Force's inventory, the B-52.

The visit also included a tour of the flight line, the dry lakebed runways, the air traffic control tower and the NASA: Dryden Center.

"I knew it was a good idea as soon as J.J. came to me with it," said 2nd Lt. Gus Jordt, president of the Edwards CGOC. "I'm really happy we were able to make the visit happen and give the Vandenberg CGO's a good look at what we do at Edwards."

Not only did the Edwards group plan great tours for us, but they also planned several after-hours activities as well including a CGOC dinner at an officer's home, Karoke Night at the club, lunch in the O club, and an Edwards CGO's Crud Tournament. We look forward to reciprocating when Edwards' CGO's come to Vandenberg this fall.

Murphy noted at the conclusion of the tour that everyone involved had a great time and the purpose of the trip was accomplished. The visit was such a success that future stays are in the works and invitations to host other bases are going to be extended.

Pedestrian safety is a two-way street

By TECH. SGT. ROB SAUNDERS
30th Space Wing Safety Office

Pedestrian safety—it's not something that people think about very often, until they're the pedestrian. However, it is a concern and will continue to be as long as we have pedestrians and vehicles co-existing.

The shortest distance between two points is a straight line. Unfortunately, more times than not, that straight line doesn't always have a crosswalk in the middle of it. With the weather getting warmer, joggers are beginning to use the streets as part of their morning exercise routine. Recently, the safety office received a report of a near-miss involving two early morning joggers and a couple of vehicles near the "Missile V" intersection at Utah Avenue and California Boulevard.

Let's paraphrase, 30SWI31-109, *Installation Motor Vehicle Code Rules of the Road*:

Both driver and pedestrian have responsibilities. The driver has an obligation to yield to pedestrians who are in or about to enter a crosswalk, whether marked or not. The pedestrian has an obligation not to assume he has been seen and to give drivers an adequate time to stop. Also, pedestrians must realize that when they cross streets in non-designated areas, they must yield to traffic. Both driver and pedestrian have a right to report those who do not comply with above directives. Above all, everybody has an obligation to use common sense and common courtesy to the highest degree possible.

OPS TEAM from Page 1

The five people who comprise the Hawks' operations team actually compete Saturday, launching a simulated Atlas IIAS from Space Launch Complex 3-East. Their job is to show evaluators their ability to launch a rocket safely and effectively. Training for the Red-tailed Hawks began Feb. 22.

"The team's completed 15 integrated trainer rides and hundreds of quizzes," said one of the team's five trainers, Capt. Janice Hance, 2nd Space Launch Squadron.

"I think the real benefit of this competition will come out in day-to-day operations. We're learning each other's job, which really helps us work together better as a team," she said.

The trainer "rides" cover every possible scenario the evaluators might throw at the team, Hance explained. The Hawks have already faced scripts that included a fire on the pad, a toxic spill, accidents with injuries, bomb threats and even a tsunami.

After the rocket is off the pad, the team's mission flight control officer, Capt. Steve Pomeroy from 30th SW Safety, must decide whether to let the vehicle fly or blow it up, Hance said. In the MFCO vernacular, it's called "track it or crack it."

"Our training has been outstanding," said Capt. Todd Shull, the team's launch controller from the 30th Operations Support Squadron. "They've done an



Capt. Todd Shull (left), the launch controller for the 30th Space Wing Guardian Challenge 2000 Operations Team, and deputy controller Capt. Jim Gray run checklists at the consoles in building 7000.

excellent job of testing us on the types of events we're likely to see in competition."

But after nearly two months of training, the team is ready to go shark hunting. "We've trained really hard," said the team's deputy launch controller,

Capt. Jim Gray, 2nd SLS. "I'm anxious to finally get in and compete."

Confident they'll sink the Sharks and keep the Schriever at Vandenberg, their sportsmanship in the face of Saturday's competition is evident. "Good luck to the 45th," said Staff Sgt. Mark Perkins,

the teams aerospace control officer from the 30th RANS. "They'll need it."

"There'll always be another year for them," Pratt added about Patrick's chance of winning this year's Schriever. "We're going to be two for two in 2000."

Top Hand expansion includes enlisted members

BY CAPT. JON BENDER
576th Flight Test Squadron

■ Gone are the days when Top Hand consisted only of ICBM test officers from the 576th Flight Test Squadron at Vandenberg AFB, Calif.

The 28-year program has now been expanded to include selected enlisted members from the 576th FLTS and officers and enlisted space system testers from the 17th Test Squadron at Schriever AFB, Colo.

Top Hand, a program made up of the Air Force's premier space and missile testers, came together in April 1972, when Strategic Air Command implemented the program with the purpose of testing the reliability and accuracy of Minuteman and Titan intercontinental ballistic missile weapon systems.

At the same time, Top Hand members provided a formalized staff officer training program to groom highly qualified missile officers for follow-on assignments to Headquarters SAC and the Air Staff.

The 17th TS and 576th FLTS are Air Force Space Command's two operational testing squadrons. The 17th TS stood up in July 1995 under the Space

Warfare Center.

"The unit enhances the command's warfighting capabilities through testing and evaluation of space forces," said Lt. Col. Mark Johnson, 17th TS commander. The 17th TS does that through force development evaluations, tactics development and evaluations, and command-directed testing.

In February 1996, the 576th FLTS was realigned from the 30th Space Wing at Vandenberg, to the Space Warfare Center. The 576th FLTS validates the nation's ballistic missile combat capability. It also provides accuracy and reliability data on America's land-based ICBMs through operational flight-testing.

"In addition," said Lt. Col. Nolen Chew Jr., 576th FLTS operations officer, "this summer, the 576th FLTS is expected to begin executing additional space systems testing as directed by the SWC — some testing in conjunction with the 17th Test Squadron."

With its revision, the Top Hand program now includes those who plan, execute, analyze and report in the Space Force Development Evaluation mission. "The ultimate goal is to provide 'normalized' testing

and program management experience to those involved in the FDE mission," Chew said.

In a letter to AFSPC commanders, Maj. Gen. William Looney, Space Command's director of operations, stated that the Top Hand program was "...dramatically expanded to encompass the dynamic space-testing arena." In addition, tactics, techniques and procedures validation will now be addressed as key focus areas in future space and missile testing programs.

Since 1986, ICBM testers have been recognized by the Top Hand patches worn on the space and missile crew uniform. In 1992, the patch was revised when SAC deactivated and Air Combat Command assumed the ICBM. The patch was recently changed again to reflect the entry of the 17th TS into the program.

"Emerging space-based weapon systems and the reality of space-based operations validates the necessity of the new Top Hand program," Looney said. Top Hand represents a proud tradition and an exciting future, as space testing expands to include tomorrow's future operational systems.

News

Briefs

COMMANDER AFSPC
DECLARES“GOAL DAY”

■ In observance of Air Force Space Command’s Goal Day, most wing facilities will be closed. Normal duty hours will resume Monday.

BASE SKEWERS SHARK AT
GC 2000 BONFIRE, PIE
CONTEST

■ The Guardian Challenge 2000 pie-in-the-face fundraiser is scheduled for April 28 at 4 p.m. in Cocheo Park. The event will be immediately followed by a chili cookoff and the evening will culminate with a bonfire where the sharks will be burned in effigy.

GUARDIAN CHALLENGE OPS
TEAM SET TO SQUISH FISH

■ The 30th Space Wing Operations Team will be tested by a team of evaluators from 14th Air Force and Headquarters AFSPC Saturday. Base members who would like to cheer on the team as they go in for their portion of the competition should meet at 9 a.m. in front of building 8510. Guardian Challenge 2000 kicks off May 1. The Helicopter Team will complete the hover and maintenance competition and the Security Forces Team will complete the tactics, obstacle course, and marksmanship contests during the week.

FINANCE PREPARES FOR
TOP DOLLAR COMPETITION

■ Customer service areas within the base financial services office will experience periods of reduced or limited manning through May 12 in preparation for the upcoming Top Dollar competition. Customers who need the special actions section for separation, retirement or debt matters, should call 606-9754 or 606-4607 to schedule an appointment. Customers can also call Paycall for routine pay inquiries at (800) 755-7413 or DSN 926-1281.

PRIVATELY OWNED VEHICLES
MUST BE REGISTERED ON
BASE

■ Base members assigned or employed at Vandenberg AFB are classified as permanent personnel and are required to register their privately owned vehicles within three duty days

of arrival on base. Department of Defense Form 2220, DoD Registered Vehicle Decal and Air Force Form 2219, Year Expiration Tab must be placed in the lower driver’s side corner of the windshield. In 2000, all vehicles in model years 1974 - 1996 require a California SMOG test. For more information, call 30th Security Forces Squadron Pass and Registration at 606-1853.

MEMBERS HAVE 70 DAYS TO
TURN IN MOVING FORMS

■ Members who have moved at government expense should receive a pink Department of Defense Form 1840 from the movers. On the front of the form, members should list any and all damaged or missing items discovered while the movers are still on-site. Items discovered once the movers have left, should be recorded on the back of the form. The carbon paper between the forms also needs to be turned over. Members need to include inventory numbers of items found missing or damaged. Forms must be turned in within 70 days of delivery. For more information, call the claims office at 605-6214.

RAMSTEIN, BELGIUM NEED
MILITARY ENLISTED AIDES

■ Enlisted aides are needed to fill positions at Ramstein Air Base, Germany and in Mons, Belgium. Military members with culinary experience are highly desirable. Members need a “can-do” attitude and have the ability to interact with senior officers. Eligibility criteria and application procedures are listed in Air Force Instruction 36-2123. For more information, call Senior Master Sgt. Renee Starghill at DSN 224-1204.

CALIFORNIA ANG STANDS
UP MILSTAR UNIT HERE

■ The California Air National Guard is standing up a MILSTAR Space Operations Squadron at Vandenberg AFB. There is an immediate need for members to fill the following Air Force Specialty Codes: 13S3X, 1C6X1, 2E1X1 and 3C1X1. Positions will be reserve and full-time. The MILSTAR Operation Center – Vandenberg is set to become operational Sept. 1. There will be five full-time crews assigned and 27 reserve positions. For more information, call Lt. Col. Dean Cunningham at DSN 947-6331.

Exercise Exercise

(Top right) Tech. Sgt. Buzz Ritchie is "bruised" with moulage in the 30th Medical Group's family practice clinic by Senior Airman Leigh Pollard, 30th Medical Group. A mass casualty exercise was held April 13 involving Vandenberg and Santa Barbara County emergency response units. (Right) Kim Dowhower, a licensed vocational nurse, uses a ventilator on a simulated casualty in the Lompoc District Hospital's emergency room during last week's mass casualty exercise.



Sherrie Hearth, certified nurse assistant, records critical medical information on a clipboard at the Lompoc District Hospital's emergency room.



Second Lt. Heidi Brennan plays the role of a pregnant woman with a compound fracture of her left leg while Linda Everly, a registered nurse, uses a stethoscope to check her heart.

Joint ethics regulation details travel benefits

By JOHN HUCKLE

30th Space Wing Staff Judge Advocate Office

■ Occasionally on TDY you will encounter ethical issues incidental to your official travel. Examples are frequent flyer mileage credits, travel points or prizes, travel upgrades, travel membership programs, and incentives for the voluntary surrender of reservations.

When do you accept or refuse? When must you turn over a particular benefit to the government? Here are the rules:

Frequent flyer mileage credits earned as a result of official travel are the property of the federal government. They cannot be used except in connection with official travel.

When mileage credits for official and personal travel have been commingled in the same account, only those credits or points that clearly can be shown to have been derived from personal travel may be used for future personal travel. All other points in the account belong to the federal government.

Travel companies sometimes give away merchandise, or award points toward merchandise or other prizes, to users of their services. If the travel services used are paid for by the federal government, any resulting award belongs to the federal government.

Upgrades that are the result of *involuntary* “bumping” while on official travel may not be used for personal travel.

In contrast to the above rules, travelers receive more favorable treatment under the following circumstances:

Although there is a prohibition against using government funds for first-class travel, personal funds or personal frequent flyer bonuses may be used to upgrade to first class on official travel.

And speaking more generally, Department of Defense employees on official travel may accept benefits such as an airline seat upgrade to first class, or a luxury rental car in place of a compact, official use as long as there is no extra charge to the federal government to obtain the upgrade. However, this is subject to the following:

DoD employees may accept an upgrade

offered on the spot under circumstances in which such upgrades are generally available to the public or at least to all federal government employees or all military members. No upgrade may be accepted, however, if it is provided on the basis of the DoD employee’s grade or position.

Some travel companies distribute coupons for free travel upgrades as a promotional offer. DoD employees may accept and use such coupons if they are realistically available to the general public.

DoD employees who obtain eligibility for “Gold Card” and similar memberships under these circumstances (i.e., by purchasing a membership with their personal funds or by accumulating the necessary miles, even by official travel) may accept the membership and resulting benefits, including travel upgrades.

DoD employees may keep payments or free tickets received from a carrier for *voluntarily* giving up a seat on an overbooked flight. DoD employees on official travel may not voluntarily surrender their seats if the resulting delay would interfere with the performance of duties. The delay may not increase the cost of travel to the Federal Government.

Occasionally government employees desire to use (or are invited to use) vehicles or aircraft provided by DoD contractors.

The basic rule is that Air Force personnel must make their own travel arrangements, at government expense, and should not accept contractor-provided transportation. Air Force personnel should plan all aspects of official trips in advance. Then, impromptu offers of transportation from DoD contractors can and should be declined.

There are exceptions in cases of unusual or unique circumstances. Such circumstances might include the making of joint observations during a visit; continuing a meeting during a lengthy transit; and the existence of extraordinary time constraints.

The above information is from the Joint Ethics Regulation and related sources. For further ethics advice Air Force members may contact the Office of the Staff Judge Advocate.

HINSON from Page 1

assistant deputy commander of operations for a bombardment wing, vice commander and commander for a tactics and training wing. He has also served as director of operations and deputy director of plans and programs for major commands. He has held his current

grade since Aug. 1, 1998.

“As a commander, I’ve learned that the people in our Air Force today, throughout the various groups, wings and major commands, are very committed Airmen,” Hinson said. “They want to be part of the Air Force effort and provide the right level of combat support and space capabilities to the war-fighter.”

Vandenberg, America celebrate Earth Day

By KIM TURNER

Tetra Tech

■ The 30th Anniversary of Earth Day arrives April 22 and communities around the world will be taking a stand for a cleaner environment as they promote environmentally friendly processes into daily living.

The earth's natural resources are **not** limitless. Ultimately, coal, oil, iron ore, and other nonrenewable resources are available only in limited quantities.

Even renewable resources, such as paper and other wood products, are available only up to a limited annual capacity.

On April 22, as America celebrates Earth Day 2000, the focus should be on conserving the planet's natural resources through waste reduction.

Waste reduction is based on a guiding principle to "reduce, reuse, and recycle."

Recycling can quickly divert large volumes of materials and reduce disposal costs. When compared to production of products using virgin raw materials, recycling is much easier on the land, as it does not require mining and timber harvesting.

Recycling is important, and it is the right thing to do, but it is not the first priority method of dealing with materials. Reducing waste at the source is the first priority.

Vandenberg Air Force Base has taken a proactive approach in reducing waste at the source through innovative and effective programs like the household hazardous waste and shop rag

exchange programs and the HAZMART pharmacy procurement program. These programs eliminate excess purchasing and disposal of commonly used materials.

Base members can reduce waste at the source.

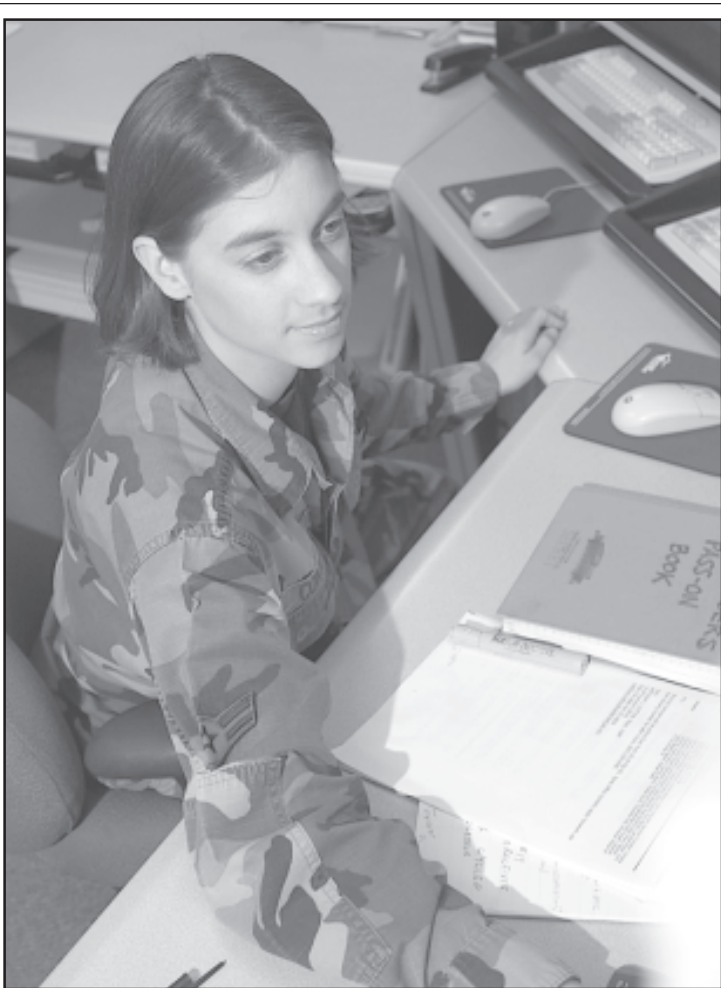
At home, rent, borrow, or share things used infrequently. These items could include everything from party decorations to audiovisual equipment to chain saws, rug cleaners or garden tillers. Consider repairing or maintaining items already owned, particularly large items such as appliances and electronic equipment. Also, consider large or economy size containers for household products that are used frequently – items such as laundry soap or pet foods. Using concentrated

products also reduces waste, as does bulk merchandise.

At the office, bring a mug to work for coffee or tea – this simple act saves pounds and pounds of paper, styrofoam and plastic waste over the course of a job.

Purchasing departments should choose reusable products, such as recharged cartridges for laser printers. Also, one can work with suppliers to minimize the amount of packaging used and to return shipping materials such as crates, cartons and pallets for reuse. People can also use high quality, long-lasting supplies and equipment that can be repaired easily. Switching to double-sided photocopying can cut paper costs by 10 to 40 percent.

Keep recycling Vandenberg!



AIRMAN 1ST CLASS DAVE CLOWER

Spotlight

Airman 1st Class Jhenna Conway is an Air Force Space Aerospace Operations Center controller for the 614th Space Operations Center. She joined the Air Force in June 1997 and has been at Vandenberg since October 1999. She is married to Kevin Conway and they share a 14-month-old son, Jackson Lee Conway. She said she loves being a member of Team Vandenberg and enjoys swimming, running and spending time with her family.

22 SAT

The youth center's annual **Easter egg hunt** is Saturday from 1 to 2:30 p.m. at the youth center. Call 606-2152 for information.

Airman Leadership School Class 00-D is holding a **car wash** Saturday from 9 to 3 p.m. in the Vandenberg Center parking lot. The cost is \$3 for cars, \$5 for trucks and vans. Call 606-5595 for information.

24 MON

Would-be rocket scientists can prove they build the best rocket at Vandenberg during the fourth annual **Model Launch Vehicle Competition**, Monday at 9 a.m. on the base's parade ground. All military and civilian organizations at Vandenberg can compete. The entry fee is \$50 and includes a rocket kit and engine. Prizes will be awarded for the most accurate launch to a target and best-looking model rocket. All proceeds benefit the

Vandenberg Competition Association. Call Capt. Tony Ricci at 606-16542 or e-mail at anthony.ricci@vandenberg.af.mil for details and a rocket kit.

27 THU

Faculty members at **Cabrillo High School will hold an open house** Thursday from 5:30 to 8:30 p.m.

Parents and students are invited to see student displays, diving exhibitions, musical performances and the aquarium and reef projects. Call 733-4538 for the schedule of events.

28 FRI

Lompoc's **14th Annual Spring Arts Festival** will be held April 28, 29 and 30 in Ryon Park. The

festival includes arts and crafts displays, food booths, live entertainment and a carnival. Certificates for one-day unlimited carnival ride wristbands cost

See CALENDAR next page



AIRMAN 1ST CLASS DAVE CLOWER

Shark-flavored pancakes

Chief Master Sgt. Carl McMurtry, 30th Communications Squadron, serves breakfast to Maj. Dave Salm, 30th Operations Group, Tuesday during the Guardian Challenge 2000 pancake breakfast fundraiser. Guardian Challenge 2000 kicks off at Vandenberg May 1-5. The pancake breakfast was held in Vandenberg's chapel annex.

CALENDAR from Page 10

\$15 if bought before the carnival opens. Certificates are now on sale at the Festival Office, 414 West Ocean Avenue; Von's; Albertson's; Longs; Vandenberg Air Force Base; and area banks. Other events during the festival include a butterfly release, chili cook-off and antique and custom car show on April 29; and a barbecue shoot-out and motorcycle show on April 30.

The **Temple Etz Chaim** will **remember the Holocaust** April 28 during services that begin at 8:15 p.m. Rabbi Shimon Paskow will conduct the Sabbath eve service. Abe Stone, his wife, Dina, both survivors of Nazi terror, will speak at the service. Six candles donated by the Temples' Men's Club will be kindled before the service in memory of the 6 million people who died during the Nazi reign. For more information, call the Temple office at (805) 497-6891.

The **Santa Maria Valley Chamber of Commerce and Visitor and Convention Bureau** needs **volunteers** to help with the influx of visitors who come to Santa Maria in the coming months. Volunteers typically spend four hours a week at the visitor center answering phone calls and walk-in questions, as well as helping with special projects. Volunteers should have good people and phone skills, computer ability, and be familiar with the area and its attractions.

JUNE**1****THU**

The **57th Annual Santa Maria Elks Rodeo and Parade** is scheduled for June 1 through 4 at the Santa Maria Elks Unocal Event Center at 4040 Highway 101. Call (805) 922-6006 for ticket or rodeo information.

2**FRI**

The entry deadline for the **Lompoc lapel pin design contest** is June 2 at 5 p.m. The contest is open to Lompoc Valley residents ages 13 and older and includes a \$200 cash prize to the artist whose entry is selected as the official city lapel pin. The winning design may also be used as a Lompoc logo on city stationary, signs and vehicles. The winner will be announced July 18.

For more information, see the rules and entry form at Lompoc City Hall or visit the city's website at www.ci.lompoc.ca.us. Entry forms are

**At the Movies****Tonight**

Drowning Mona (PG-13)
7:30 p.m.

Saturday

Reindeer Games (R)
7:30 p.m.

Sunday

Reindeer Games (R)
7:30 p.m.

Thursday

The Next Best Thing (R)
7:30 p.m.

April 28

My Dog Skip (PG) 7:30 p.m.

also available at the Lompoc Chamber of Commerce, Lompoc Museum, Lompoc Library, and Lompoc Valley Arts Association Cypress Gallery. For more information, call Laurel Barcelona at 736-1261, extension 8204.

21**WED**

The **48th Annual Lompoc Flower Festival** is June 21-

25. The festival includes a parade June

24 at 10 a.m. down H Street and Ocean Avenue, a carnival at Ryon Park, the 78th Annual Flower Show June 24 and 25 in the Veterans Memorial Building at the south end of H Street, live entertainment, food booths, arts and crafts show, free admission and free entertainment.

For more information, call the Lompoc Valley Festival Association at 735-8511 or visit their Internet site at www.flowerfestival.org.

A **reunion** for all units that were assigned to **Torrejon Air Base, Spain**, is scheduled for Aug. 31 to Sept. 3 in Mount Laurel, N.J. For more information, write Burnethel Sanford at P. O. Box 3492, Riverside, CA. 92519.

The **Vandenberg African-American Association** is in need of volunteers to help in the production of this year's talent and fashion show this fall. For more information, call Tymme Mitchell 606-8780.



AIRMAN 1ST CLASS APRIL MUNIZ

Going vertical

(Top right) Darrell "Hi-Rise" Owens with the Harlem Ambassadors shows varsity center Dave "Cowboy" Clower the bottom of his feet going for a jump ball during the match between the Ambassadors and the varsity team April 12 at the fitness center. The Ambassadors smoked the varsity basketball team 83-63. During the fourth quarter, a team made up of senior NCOs and colonels finished the game against the Ambassadors. (Above) Clower recovered and slammed for the home team. (Right) Sandie "Lade Majic" Prophete, the "queen of show basketball," playfully distracts Desi Bryant as he sets for a foul shot.



AIRMAN 1ST CLASS APRIL MUNIZ



AIRMAN 1ST CLASS APRIL MUNIZ

2000 INTRAMURAL VOLLEYBALL NATIONAL LEAGUE

	W	L	Pct.
576 th FLTS	3	0	1.000
392 nd TRS	3	0	1.000
30 th SFS	3	0	1.000
381 st TRG	2	1	.667
30 th LG	0	3	.000
30 th TRANS	0	3	.000
30 th SVS	0	2	.000
30 th COMM	0	2	.000
30 th CES No. 1	0	1	.000

As of April 17

AMERICAN LEAGUE

	W	L	Pct.
533 rd TRS	2	0	1.000
2 nd SLS	2	0	1.000
Det. 9	2	0	1.000
614 th SOPS	1	1	.500

30 th MSS	1	1	.500
30 th WS	0	2	.000
30 th CES No. 2	0	2	.000
30 th MDG	0	2	.000

As of April 17

SPORTS SHORTS

Softball

■ Letters of intent for the 2000 intramural softball season are due to the fitness center staff by May 12. The season is scheduled to start May 22. A coaches' meeting will be held May 15 at 10 a.m. in the fitness center.

Golf

■ The intramural golf season is scheduled to begin May 18. Letters of intent for the 2000 intramural golf season are due May 12. A coaches' meeting will be held May 13 at 10 a.m. in the fitness center.

S^{30th} Services

HAPPY NEWS EASTER

Pacific Coast Club

Easter Sunday Brunch

April 23
Seatings at 11am & 1:15pm
Rabbits - \$15.95
Bunnies (5-11) - \$6.95



The Easter Bunny will be there!
Bring your cameras!
Special Easter Egg Hunt at your table!
Be the lucky winner of a toy store gift certificate!

Reservations are required, call 734-4375.

BOWLING CENTER

April 17-22 – Every league bowler that recruits a bowler for a summer league can practice all summer long, FREE. Bowlers must bowl in a summer league to qualify at Vandenberg Bowling Center.

Adult/Junior "Moonlight No-Tap" – Saturday, doubles and divisions. Check in at 5:30 p.m., bowl at 6 p.m. Cost is \$10 per double entry.

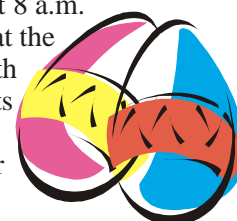
Sundays – half-price bowling for all youth bowlers up to 17. If a parent brings a child and bowls with them the child bowls free for the entire month.



FITNESS CENTER

Women's Volleyball Try Outs – April 29, at the Fitness Center main gym, 1 p.m. All players are welcome to try out. Only basic volleyball skills are required. Try outs are open to military members, dependants and civilians. For more information call 2nd Lt. Richard Otton at 606-2169 or 734-2213.

2nd Annual May Fitness Day – May 12 at the base track. Opening ceremonies begin at 8 a.m. Sign up for events at the fitness center or with your squadron sports representative. For more information or to volunteer for this event, contact Senior Airman Jessyca Castillo at the fitness center, 606-3832 or see your squadron sports representative.



OUTDOOR RECREATION

Paintball trip – Santa Margarita Central Coast Paintball Park, April 29, \$5 per person (transportation only). Pay at the park, \$24 (includes equipment) or \$15 (with your own equipment). For details call Michael Renner at 606-5908.

LIBRARY

Story Time – Base Library Story Time is every Thursday at 10 a.m. For children 3 to 9 years of age. Call 606-6414 for more information.

APRIL REMINDERS!

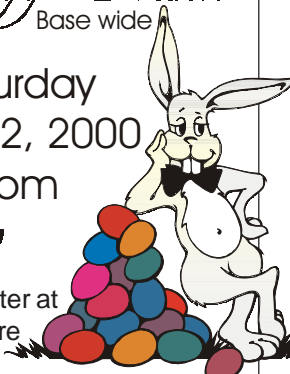
Easter Egg Hunt!
Youth Center Base wide



Saturday
April 22, 2000
1pm

FREE!

Call The Youth Center at
606-2152 for more
information

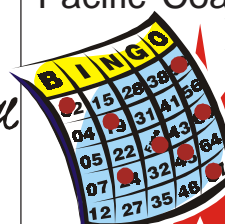


Skills Development Center

Craft Fair

Crafters reserve your tables early, \$15 per table. Call Frank Gomez at 606-9487 for more information. The Fair will be held May 25 at the Services Center.

Pacific Coast Club
Every Monday
in the ballroom

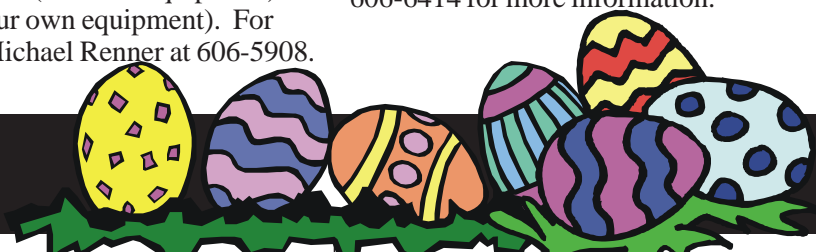


PROGRESSIVE JACKPOTS

Doors open at 5 p.m.
Early bird games at 6 p.m.
Regular games at 6:30 p.m.

Pacific Coast Club
Every Tues. and Thurs.

SEVEN
\$
7
Choose from
7 great
entrees for
only \$6.95
6-8p.m.



30th Services

NEWS

April 26 at the Pacific Coast Club



\$16.95 per person
6 to 8 p.m.

For reservations, call 734-4375

All-you-care-to-eat

Tip-A-Cop

Vandenberg
Security Forces
Members

will be waiting tables
during Crab Night as a
fund raiser for
Operation Kids Christmas.

PLEASE TIP GENEROUSLY!



Take your

Secretary

to lunch

Professional Secretaries Day

Buffet and lunch menu available, 11 a.m. to 1 p.m. Surcharge applies for all eligible non members.

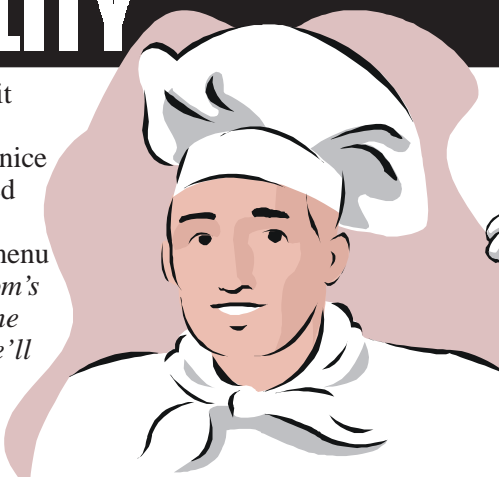


Special dessert
\$2.95

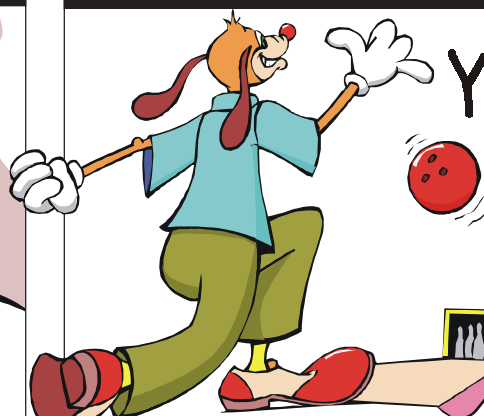
DINING FACILITY

"Home Recipe Program." Submit your mom or grandmother's awesome home recipe and you could be eating a nice "home cooked" meal that you've missed since basic training! If your recipe is chosen, your name will appear on the menu board by the meal item. *Grab your mom's or grandmas recipe and bring it to the AETC Dining Facility supervisor. We'll make it for you!*

"Dial-A-Menu" phone number for the AETC Dining Facility is 606-2595.



BOWLING CENTER



Youth Bowlers

Any Vandenberg Bowling Center authorized youth bowler will receive a 10% discount off any bowling equipment purchased during April the "Month of the Military Child."



AIRMAN 1ST CLASS DAVE CLOWER



AIRMAN 1ST CLASS DAVE CLOWER

All-Star slam

John Salausa, 30th Security Forces Squadron, dunks during the Intramural All-Star basketball tourney. The varsity squad defeated the National League All-Stars in the finals 55-54.

Swingin'

Tom Seward plays a four-iron from the tee box during the Company Grade Officers' Council golf tournament. Seward's foursome finished second in the best-ball tourney with a 59.

Air particles we breathe may trigger asthma, allergy

■ Many particles of different types and sizes are carried in the air we breathe.

Some large particles may settle on the walls and furniture in your home. Other large particles are removed by your nose and mouth when you inhale. Smaller particles are breathed deep into the lungs.

Asthma may be triggered by both the large and small particles. Some air particles come from the indoors and others are carried in the outdoor air. Outdoor particles come into your home through windows, doors, and heating systems.

For more people, the indoor air particles cause no problems. But people with allergic symptoms, including asthma, can have problems right in their own home.

If you have allergic symptoms or asthma, you're sensitive to "triggers," including particles carried in the air. These "triggers" can set off a reaction in your lungs and other parts of your body. Triggers can be found indoors or outdoors. They can be simple

things like:

Cold air;

Tobacco smoke and wood smoke;

Perfume, paint, hair spray, or any strong odors or fumes;

Allergens (particles that cause allergies) such as dust mites, pollen, molds, pollution, and animal dander (which are tiny scales or particles that fall off hair, feathers or skin) from any pets;

Common cold, influenza, and other respiratory illnesses.

It's important to learn what your triggers are. Since finding your triggers isn't always easy, ask your doctor for help. If you do know your triggers, cutting down exposure to them may help avoid asthma and allergy attacks.

If you don't know your triggers, try to limit your exposure to one suspected trigger at a time. Watch to see if you get better. This may show you if the trigger was a problem for you.

Information provided from the American Lung Association's website. Reprinted with permission copyright 1999.